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MARCH 2020 | VOLUME 11 ISSUE 3

YOUR DONATION BENEFITS THE VENDORS.
PLEASE BUY ONLY FROM BADGED VENDORS.

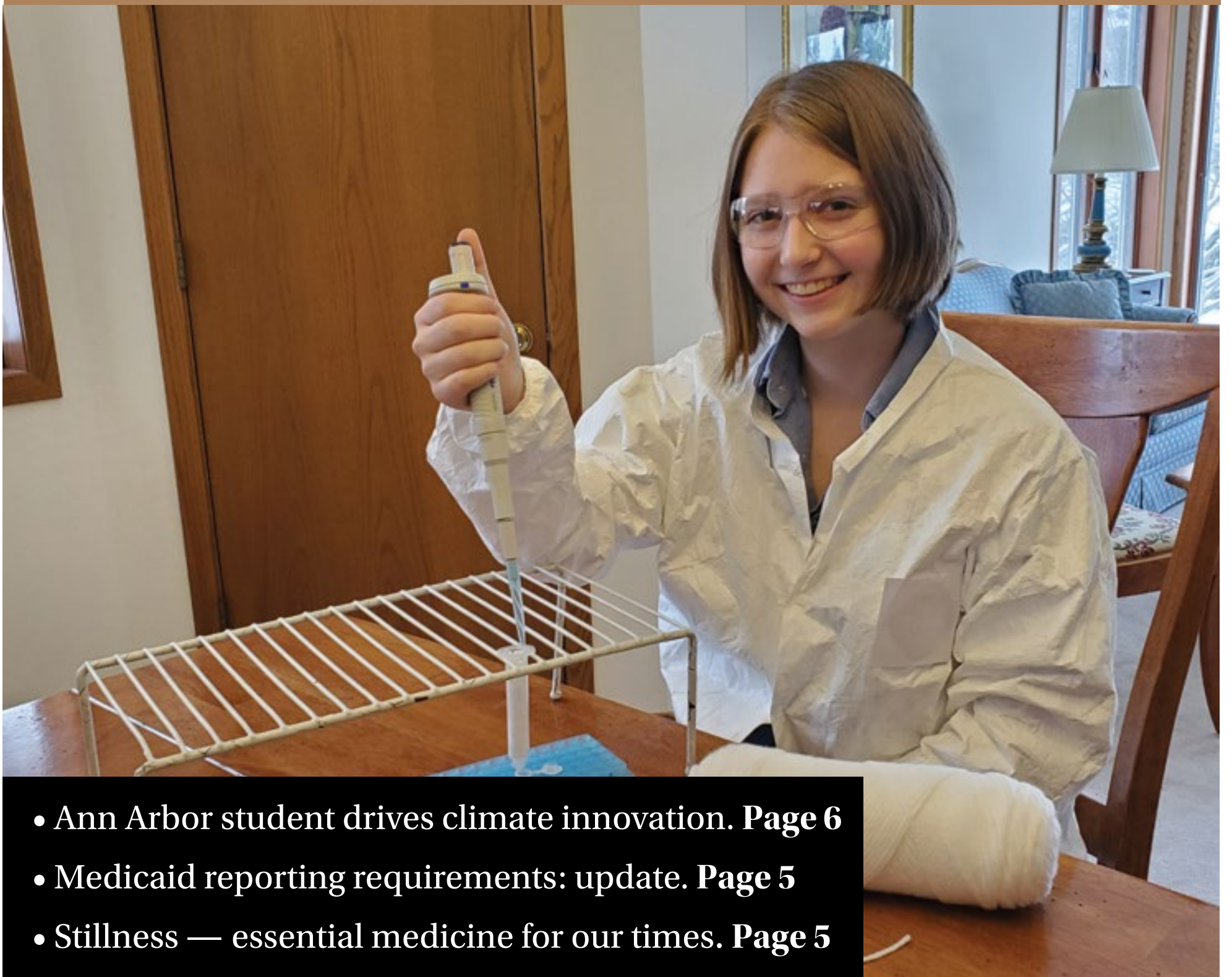
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GROUND COVER

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LETTERS

Lucky's Market closing a loss to the community

I am sad about the closing of Lucky's Market. Fresh Start Clubhouse did significant member training there, and groups such as Groundcover were the recipients of the store's Tokens for Bags donations program. Along with the donation program, Lucky's gave groups the opportunity to set up tables in the store to publicize their cause and make human contact with community members. Groundcover was one of three organizations that were supposed to be highlighted for February and March. I am sorry that didn't happen.

What is also sad is that their kind and hardworking employees lost their jobs. I wish the best for them.

Finally, I hope we don't get yet another luxury condo building in place of a needed grocery store.

Laurie Wechter

Covering the underserved

I met Will Shakespeare outside the People's Food Co-op on a snowy, bone-chilling day last week. He approached me and my partner with a warming passion about the article he had written in the most recent edition — February 2020. The title was "Black History Month 2020: The African-American Vote."

To begin, I'd like to say the article was astounding. His connection to the content and how the history has shaped his identity as a black man is clear. He taught me lots with that one-page article, more than dates and acts of the past; he demonstrated how significant an article can be for the writer and the people he represents. This was an incredible glimpse into the background and current climate of voting as a black person. I'm happy to know more now, so I can be part of the movement to make voting more accessible for all of the people in this country.

I appreciate the perspective he shared and the passion he brings to the paper. I hope to see Will and shake his hand again. I also hope to read more of his work. He is a great writer, as his name would suggest. I wish him and the Groundcover News team the best.

Samuel W. Taylor

Update on vendor inclusion at global street paper summit



ELIZABETH "LIT" KURTZ
Groundcover vendor No. 159

Vendor week flew by during the first week of February, marking the year's first annual event of the International Network of Street Papers. The next event will occur in June, but this time vendors, who are the driving force behind the organization, will be largely absent.

As it stands now, June will mark yet another year that vendors around the world will not be included in the 2020 Global Street Paper Summit. Granted, staffers need to gather to support and encourage

one another, but the need is no less critical for vendors who face common challenges throughout the year.

At least one vendor who attended a past conference later expressed his sense of isolation and felt the trip was not productive for him. He reached out to other vendors through email, but due to most vendors' lack of resources, he did not get much support.

So it is imperative that street papers not only send a representative but that the International Conference offers a place on its agenda for vendor participation. Only then is it possible for the network to reach its full potential.

As with any worthwhile goal, a plan of action is necessary. This may include something like writing a letter to the administrative staff of the INSP or creating a petition. I will be spending the next month working on these plans. If anyone wants to be a part of this process, your talents are welcome.

Hope to hear from you!

(For more, please visit me online at: litspage.weebly.com.)

Tools for the trades

JIM CLARK
Groundcover vendor No. 139

Last year, in February of 2019, The Robert J. Delonis Center in Ann Arbor sheltered several people who fall into a particular niche. They were skilled laborers who had lost their equipment, storage and work-space, and transportation. Among the tradespeople there were a carpenter, landscaper, massage therapist, mechanic and computer repairman.

They were frustrated. One of the residents said, "To have talents and not have the opportunity to use them is aggravating, especially when they could be your way out of poverty."

A potential solution to this dilemma is a tool

library. Southern California Edison, a power company, has a vast library for use by its customers, many of whom are construction professionals. Currently the Ann Arbor Public Library has all manner of equipment, from scientific to musical. Common Cycle in Ann Arbor has a set of tools available to use for free to work on bicycles. The non-profit is staffed by biking enthusiasts of varying levels of skill who can help people work on bikes.

In Ypsilanti, the West Willow neighborhood is starting a staffed tool library with everything a homeowner may need, thanks to grants from Lowe's and the Habitat for Humanity of Huron

See **TOOL TRADE** page 11 ➡

GROUNDCOVER

Mission

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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Lindsay Calka — layout editor

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MEET YOUR VENDOR



Denise Shearer,
vendor No. 485

In one sentence, who are you?

I love to help myself and others.

Where do you normally sell Groundcover?

The corner of Liberty and 5th Ave, in front of Which Wich Superior Sandwiches.

When and why did you start selling Groundcover?

Lit told me about it about a year ago. I wanted to meet nice people and learn to help myself. I wanted to share kindness.

What's your favorite thing about selling Groundcover?

Meeting people in the community. Helping myself and sharing kindness.

What is your typical day like?

I put a lot of effort into getting ready. I come into Ann Arbor from Ypsilanti. I buy my papers and fold them carefully. I put a lot of thought into getting ready to sell my papers with kindness.

What is the most interesting thing that's ever happened to you while selling Groundcover?

I met a nice lady. She bought a paper and she bought me a lunch *and* an iced tea.



Ground scores and other tales from the curb

WILL WILLIAMS, aka WILLY WILL
Groundcover contributor

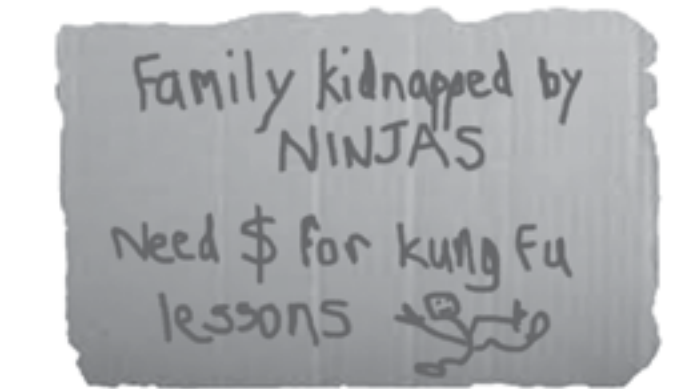
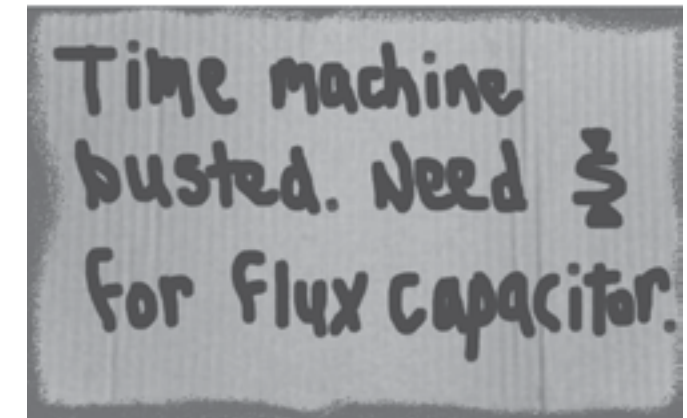
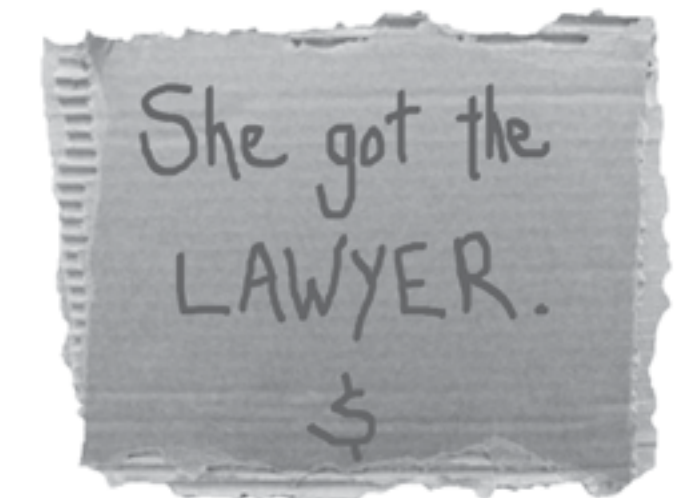
I lived in Ann Arbor for a while a few years ago and got to know Cindy, a Groundcover vendor who usually wears sparkly sequins and stuff. She looks good and has a personality to match. Cindy and all folks who have ever been homeless know about "ground scores."

A ground score could be anything you happen to find on the ground or sidewalk that is worth money or that you fancy personally, such as weed, money or a cigarette (especially if it is your brand). With what I've learned, I could offer classes on "urban sleuthing" — how to feel and read the ground to find things others have left.

Here in Pensacola, Fl. near an area I stayed at, I got ripped off on a small weed deal one night. Dude gave me a nice, authentic "Crown Royal" bag with gold tassels filled with grass from the lawn. It was my fault that I was in such a hurry I didn't check. But at least for my five bucks I got a nice carrying bag.

I proceeded to fill it, checking out the ground as I walked. In two weeks I found a jade bracelet, a tear-drop 12K gold earring (slightly flattened from where a car ran over it — which reminds me: party store parking lots and gas stations are some of the best places for scores), a heart-shaped fake gold earring with a smaller one inside with diamond chips, a chunk of crystal the size of a marble or cherry, a heart-shaped red plastic pencil-sharpener and an LED color-changing light stand with a white foam rose on top (battery not included), not to mention the usual money, blunt roaches and containers.

Anyone who is out on the street all day sees bizarre and interesting sh** every day. More on that next month, but I'll leave you with some of the best pan-handling signs I've seen.



Record Boober ridership and other enterprises expanding

KEVIN SPANGLER
Groundcover vendor No. 307

What a great month we have been having at Boober! As of Feb. 10, we broke the monthly record before the halfway mark. We are working every college sporting event — hockey, basketball, field hockey and wrestling. Boober has the most solid core crew since we started on March 6 four years ago, a week after I left the shelter and bought my first pedicab. I have come a long way since then and I could not have done it without the help of my crew and the community.

My partner, Ariel, is a licensed psychotherapist. She and I have a grand vision for therapeutic healing and wellness centers. We just signed a lease for the space of the first one, The Universe. It is also where we will expand our program's goals list, 100 reasons why drugs, alcohol and cigarettes are bad and 100 reasons how your life will be better without them, and the concepts from our upcoming book, "Rising out of Depression and Going Up the Royal Road."

Update on my court status: I tried to handle it on my own, which I did well but I was unaware that a guilty plea would automatically revoke my license for five years. So, I contacted the University of Michigan law school for help. Mariel and Nat helped me communicate with the courts and put a magnificent packet together showcasing my whole life and how I transformed from a person who is going nowhere to a successful father and entrepreneur.

We went to court not knowing what to expect. The court let me withdraw my plea of driving on a suspended license and plead guilty instead to letting someone drive who did not have a license, which is a non-extractable offense. So, it looks like I will be able to get my license in August 2020, which is something I never thought was going to happen. My life is proof that if you actually raise your vibration to a new reality, anything is possible.



St. Patrick's Day 2020: Celebrating Irish culture

WILL SHAKESPEARE
Groundcover vendor No. 258

JON MACDONAGH-DUMLER
Groundcover contributor

Ann Arbor joins thousands of cities and towns worldwide with parades and parties to celebrate St. Patrick's Day on Tue., March 17. Irish dancers, bands and bagpipers will perform throughout the day at Conor O'Neill's Main St. bar, and other festivities will likely spring up in the area.

Origins of St. Patrick's Day

St. Patrick's Day marks the arrival of Christianity in Ireland. It was mostly a cultural and religious celebration, usually held on the 17th day of March every year, in memory of the death of St. Patrick — the patron saint of Ireland. History.com describes St. Patrick's Day as follows: "This celebration started around the 17th century as a religious festival. It has since evolved as a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green."

The customary green attire on St. Patrick's Day is connected to the clover-like shamrocks St. Patrick used to

explain the Holy Trinity to the Pagan Irish community around the 5th century. The color green has become a symbol of communal St. Patrick's Day celebration in the Republic of Ireland, the Irish Diaspora and worldwide.

The Irish community of Chicago, in cooperation with the City government, dyes the Chicago River green one day before St. Patrick's Day. Green flags fly all over the world, and people from all demographics can be seen wearing green in every nook and corner. Green beer is served at various pubs and taverns.

St. Patrick's Day is a National Holiday in Ireland since 1903. It is described as a holy day of feast and religious obligation for all residents of Ireland. Today, it is celebrated in every region of the world, and has become more of a cultural celebration than a religious one.

St. Patrick's Day in the United States

St. Patrick's Day is a legal holiday in Suffolk County, Mass., though it is not a federal holiday in America. However, it is widely celebrated in every American metropolis and many smaller communities. Dr. Michael Francis' 2017 research of "Spanish Archive of

the Indies" revealed that St. Patrick's Day celebration in America began in St. Augustine, Fla., in 1600. The research points to 1601 as the first year that a St. Patrick's parade was held there.

During the time of the original 13 American colonies, an organization described as "The Charitable Irish Society of Boston" helped to organize Boston's earliest observance of St. Patrick's Day in 1737. It was not strictly a Catholic event, because the Irish immigration to the United States in the 17th and 18th centuries was dominated by Irish Protestants. The Irish Potato Famine of the 19th century caused an exponential increase in Irish immigration to America. The Irish Society of Boston's main purpose was to honor the Irish homeland. The Irish immigrants took pride in remembering the country they left behind.

On March 16, 1762, New York City held its first St. Patrick's Day Celebration. It has continued as an annual observance by Irish immigrants. Philadelphia's first St. Patrick's Day was held in 1771 with the full support of General George Washington, America's first President. On March 16, 1780, George Washington gave a "General's Order" which granted St. Patrick's Day as a holiday to the American troops in



Eileen Marie Collins, of Irish ancestry, was the first female pilot and commander of a Space Shuttle.

Morristown, NJ.

St. Patty's Day has been celebrated more widely with each passing century. The Irish-American contributions to the strength, greatness and prosperity of this nation are staggering. There are famous and notable Irish-Americans in every field of human endeavor, including astronaut Eileen Marie Collins and 22 U.S. Presidents with Irish ancestry and connections.

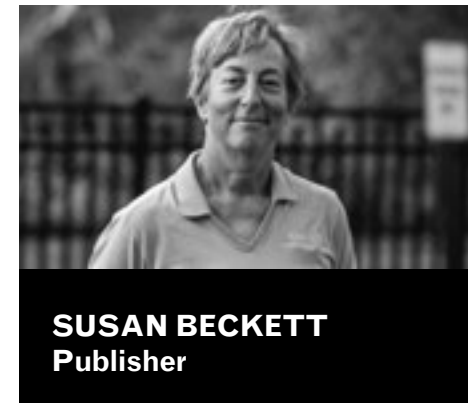
Meeting and reporting Medicaid requirements — end-of-March deadline looms!

Since Jan. 1, more than 238,000 Michiganders ages 19 to 62 have been required to work at least 80 hours a month or produce a documentable reason why they are not working, such as being pregnant or enrolled in school. And starting Jan. 25, they will have to file monthly reports with the state documenting their status. With the dawn of the new year, a new law went into effect in Michigan. It affects thousands of people who get their health insurance through the Healthy Michigan Plan — Michigan's expanded Medicaid program.

The new law is sometimes called a "work requirement" for short. It says that, to meet the law's requirements, many people with Healthy Michigan Plan coverage must tell the state every month whether they're working or doing something else with their time.

If they don't report their activity for three months, they can lose their coverage. This could happen as early as June of this year. Their first report has to cover what they did in January 2020. The reporting period started on Jan. 25 and the deadline to report was at the end of February. However, there is a three-month grace period, so January (and February) reporting can be done in March.

Not everyone can work, of course. So the law makes exceptions for people over age 62 and people with serious health conditions, a disability or caregiving responsibilities. Nearly two-thirds of the people insured through Healthy Michigan are exempt from the work requirements. They don't have to report their work or other activities



SUSAN BECKETT
Publisher

— but they may have to tell the state about their situation, and maybe even send in a letter from a doctor.

There's actually a broad range of activities that people with Healthy Michigan Plan coverage can do to meet the requirement and keep their coverage.

These include:

- working at least 80 hours a month (an average of 20 hours a week) for pay, or in exchange for things such as food and lodging
- going to school in person or online
- looking for a job
- getting job-related training
- receiving treatment for a problem with drugs or alcohol
- volunteering at a nonprofit organization (though they can only use this for three months)
- doing unpaid job-related work to help them in a future job

Whatever they do, they must report it to the state every month or risk losing their coverage. People can start reporting on the 11th of each month, and may do so any time until the end of the next month.

People who have to report can sign up to get phone calls or texts to remind them to do it.

Very low-income people who receive food assistance or monthly payments from the state already have to report these kinds of activities; they don't have to report again for their Healthy Michigan Plan coverage.

The state sent out letters in December to everyone it believes will need to report. The state also sent letters to people it knows are exempt from the work requirements, letting them know that they do not have to report.

But other people who think they should be exempt because of their own health, or the health of someone they care for, must tell the state why. The form for this can be found by searching "Healthy Michigan Work Exemption form" online. They may be asked to provide a doctor's order.

Exempt people include those who have a disability, complicated health problems or a medical condition that makes them "medically frail," as well as people whose mental or physical problems make it hard for them to perform basic daily activities.

People who are taking care of young children under age 6 can also get an exemption, as can people who take care of a person who needs constant help, such as someone with dementia or a major disability. The same applies for pregnant women, people who are homeless or have survived domestic violence, and people who have been hospitalized recently.

The state website, MiBridges, will let people enter their reports or reasons

for exemptions on a computer, smartphone or tablet. There's also a phone line, 1-833-895-4355, for reporting work and asking for exemptions. Additionally, people can go to their county office for the Michigan Department of Health and Human Services, located at 555 Towner Street, Ypsilanti.

The actual report doesn't have to have details of what the person did that month — the report is on the honor system. Basically, the person states that they met the requirement. The state will do "audit" checks from time to time. They can ask people to show them documents related to work or other qualified activities.

So, it's important to have documents to back up each report — for instance, paystubs, receipts from clients for self-employed people, proof that they're enrolled in classes or training, job applications or a letter from the organization they volunteered for. Even those who work for cash should document their work in some way.

If someone doesn't currently have such paperwork, it's important to start collecting it now and keep it in a safe place in case the state asks for it. For instance, if someone is applying for jobs, they should make copies of those applications, with dates, and save them.

The state government's main help line for people with Healthy Michigan Plan coverage is also open for calls and offers assistance with translation to other languages. It's 1-800-642-3195. (People with hearing issues can use TTY to call 1-866-501-5656.)

Stillness — essential medicine for our times

Life in the 21st century has become life in the fast lane. In this age of unprecedented and accelerating complexity, many of us are finding that life is becoming more downright *complicated*. Keeping up with what's new, and sorting out what's worthy of our attention, have become a full-time occupation. Plagued by information overload and overcommitment, many feel their daily lives have been generally reduced to an endless series of reactions — a perpetual state of future-anticipation that leaves little room for appreciating what's happening now in the present moment. Even in the rush of pleasure and excitement provided by myriad means of elucidation and



ANDREW NIXON
Editor

entertainment available at our fingertips, we growingly suspect something's not quite right. We yearn for a way to *uncomplicate* life, for a way to slow life down to a pace that is sustainable and supports deep wellbeing.

Calm and simplicity have never been harder to find, and yet, these values are more important than ever before. Our planet is in crisis, and there is broad scientific consensus that humanity is quickly running out of time to turn things around. An adequate collective response to the world's salient problems — from climate change to the sixth mass extinction, from the global rise of nationalism and the ever-widening wealth gap to the newly emerging prospect of another nuclear arms race — requires, at the very least, a critical mass of individuals possessing the inner capacity to absorb, process,

When we take time to simply *be*, we return to activity with greater calm, clarity and focus ... We discover that the problem isn't necessarily how much clock time we need, but rather the quality of attention we bring to activity.

See STILLNESS page 10 ➔

**MORE PEOPLE
MORE POWER**

Be sure to take the 2020 Census!

Counting everyone in our community means more money for Head Start, SNAP, schools, seniors, health care, jobs, infrastructure, and more.

washtenaw.org/2020census

Ann Arbor student discovers innovative approach to combating climate change: acrylic fiber

JOHN ALTHAUS
Groundcover contributor

You may be surprised to learn that within our community there is a young woman who is like our very own Greta Thunberg (the 16-year-old world-renowned climate activist). Her name is Markey Freudenburg-Puricelli. She, too, is 16 years old and is currently a junior at Skyline.

In collaboration with a local scientist, Freudenburg-Puricelli has discovered an acrylic fiber that captures CO₂. However, before I present some of her exciting experimental findings and what it means for you as a “Green New Deal” crusader, let me provide you with some background information.

Climate change in a nutshell

We hear the words “climate change” all the time, but what exactly is it in simple terms? According to Simple English Wikipedia, “climate change is any significant long-term change in the expected patterns of average weather for a region.” One common weather pattern most often referenced regarding climate change is global temperature. According to the National Oceanic and Atmospheric Administration, combined land and ocean temperatures increased an average of 1.3°F between 1880 and 1980. However, since 1980 temperatures rose an additional 1.3°F. This rate of increase is more than twice as fast as in the previous century. This phenomenon of significant temperature increases over a 30- to 50-year period is referred to as global warming.

The causes of climate change are myriad. However, consensus among many climate scientists holds that one of the main culprits is the increase in carbon dioxide (CO₂) in the air. CO₂ is known as a greenhouse gas, which means that, as part of our atmosphere, it covers the earth and traps warm air much like a blanket. The pattern of atmospheric CO₂ increase over the last century very much parallels the rise in temperature over the same period. For this reason, and because CO₂ is a known greenhouse gas, the relationship between the increase in CO₂ and the increase in global temperatures is not just a correlation but is believed to be causative. That is, increases in atmospheric CO₂ cause temperatures on



Skyline high school student Markey Freudenburg-Puricelli and her mentor, article author John Althaus, have collaborated on extracting carbon dioxide from the air and sequestering it in the ground.

earth to rise.

Using ice core samples, scientists have determined that atmospheric CO₂ over the past 800 thousand years has oscillated nine times between 200 and 300 parts per million (ppm). Only in the past 70 years have levels significantly risen above 300 ppm — such that today they are at 415 ppm. This rapid increase in atmospheric CO₂ precisely matches the increase in CO₂ emissions resulting from human activity. Therefore, scientists believe that the current global warming trend is anthropogenic — that is, caused by humans.

Climate models predict that by 2050, if nothing is done to reduce anthropogenic increases in atmospheric CO₂, levels will reach over 500 ppm with an associative temperature increase of between 2 and 4°F. In fact, a sudden increase of 100 ppm in atmospheric CO₂ and 4°F in global temperatures over the next 30 years would have many dramatic consequences for human society and the Earth’s ecosystems, including massive disruption of food systems and coastlines.

If you are like me, you might be feeling overwhelmed by these facts and perplexed about what you, personally, can do about it. Take heart! Climate change researchers are hard at work developing innovative solutions to the climate crisis where our political institutions have failed. One idea is capturing atmospheric CO₂ and converting it into an earth-bound form. Scientists believe that if anthropogenic atmosphere CO₂ could be slowed, stopped or even reversed through capture, this would delay or stop global warming for ourselves, our children and our grandchildren.

Meet Markey

This brings us to the research of Markey Freudenburg-Puricelli. She has been using acrylic-based yarn as a template for her experiments. This has the advantage of featuring a high surface-area-to-weight ratio for efficient CO₂ capture. Her experiments indicate that acrylic fiber passively captures CO₂ at about 2% by weight. When the fiber is rinsed with water, bound CO₂ is removed, reacts with

water and is converted to carbonic acid. The rinse water from the fiber is then poured down the drain, where eventually the carbonic acid combines with metal ions and becomes mineralized in a safe form and thus earth-bound. One such mineral form you may recognize is limestone, or calcium carbonate. After the fiber is rinsed, it is allowed to dry, where it recaptures CO₂ from the air and the process can be repeated.

Ms. Freudenburg-Puricelli and her collaborator have submitted preliminary results of their research to the Ecology Project International Grant Program. Grant recipients will be announced this spring. If Markey is fortunate enough to receive an award, the money will be used to further establish the parameters of functional CO₂ capture by acrylic fiber. In addition, she plans to present her findings throughout the local and broader community and eventually publish them in a reputable, peer-reviewed scientific journal.

So, what can you do to fight climate change? Round up all of your clothing with acrylic tags and wash and hang them to dry weekly. Go Green!

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CHURCH**

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**MORE LIGHT
PRESBYTERIANS**



The 48th annual Dance for Mother Earth Powwow will feature plenty of costumed dancing and will take place at Ann Arbor's Skyline High School on the weekend of March 28 and 29.

Annual Dance for Mother Earth Powwow returns to Skyline High March 28-29

WILL SHAKESPEARE
Groundcover vendor No. 258

“Right now, I feel so grateful that I am able to approach life with a deeper appreciation than ever. We take so much for granted, including our breath. It is a gift. I give thanks now when I wake up with the birds chirping. I can take a breath of air and do things I thought I'd never do again like singing....”

— Floyd “Red Crow” Westerman

“People from diverse indigenous nations gather for the purpose of dancing, singing, and honoring the traditions of their ancestors,” is how Tara Browner defines a powwow in the Encyclopedia Britannica. Conceptually, powwow implies a ritual for curing the Native Americans who have gathered for the annual celebration.

Powwows originated in the Native American Algonquian nations known as the Northeast Indians. In the early 1800s, vendors who dealt with all sorts of

traditional medicines employed local Indians to “dance for the entertainments of potential customers.” Powwow has long been defined as “dancing for an audience in an exhibition.” Powwow is also a celebration that existed in Native American communities prior to Europeans settling in America. In the past, individual tribes would gather and celebrate by themselves. Today, Powwow is intertribal and inclusive.

In Washtenaw County, the 48th annual Dance for Mother Earth Powwow will be at Skyline High School on Saturday, March 28th and Sunday, March 29th. The local Powwow celebration started in 1972 on the University of Michigan campus. The annual event is under the auspices of the University of Michigan’s Office of Academic Multicultural Initiatives.

The University of Michigan is tied to Native American Indians in terms of origin, history, growth, and success. The Powwow event celebration in Washtenaw County mirrors the success of U-M’s Diversity, Equity, and Inclusion mission.

Know and Go

Date: March 28, 2020-March 29, 2020

Location: Skyline High School, 2552 N. Maple Rd., Ann Arbor, MI

Ticket information: U-M Students are free. Adult with wristband is \$10; Child 6-12 is \$5 with wristband

Time: 11:30 a.m. Drum Roll Call; 12:00 p.m. (Grand Entry); Sat: 10:30 p.m. (Grand Exit), Sun: 5:15 p.m. (Grand Exit)

Select Events:

Day 1 — 1:30 p.m. Intertribal Dancing; 2:00 p.m. Contest and Exhibition Dancing; 2:00 p.m. Storytelling with Panoka Walker; 3:30 p.m. Contest Dancing; 3:30 p.m. Contest and Exhibition Dancing; 5:30 p.m. Dinner Break and Hand Drum Contest; 8:30 p.m. Contest/Exhibition Dancing, etc.

Day 2 — Doors and Exhibition Boots open at 10:30 a.m.; 1:00 p.m. Intertribal Dancing; 1:30 p.m. Storytelling, Contest and Exhibition Dancing, etc.; 4:45 p.m. Powwow Committee Give-Away

Email for Q & A: danceformotherearth@gmail.com or powwow.umich.edu/contact. Updated information and schedule at powwow.umich.edu/event-information



Podcast adventures with Elijah and Joe



ELIJAH KLEIN
Community High contributor

My latest edition of the podcast was my interview with a vendor named Joe Woods. It went well, and I believe it was the best recording I have had yet. I'm very glad I was able to record with Joe. I had been planning on recording with another vendor, but they couldn't show up. Joe was in the office and he did me the favor of recording with me.

I didn't know what to expect since I hadn't talked to Joe very much prior to the recording, but it felt like we had known each other for a while when we began talking. The episode began by breaking the ice and we were both getting a feel for one another, but once we began to understand each other more, it went very smoothly. We were able to relate to each other, as we both were athletes growing up, we both were somewhat class clowns and we both grew up with single mothers.

We didn't stick to the script I had planned. At times I forgot that there was a microphone in front of us and that we were recording anything, because it just felt like a conversation I would have with someone in my day-to-day life. Joe gave me some great insight and he had differing opinions from other people I've had conversations with around the office. He believed that the main reasons people become homeless are due to their own decisions. He said that people can always make decisions that would prevent them from becoming homeless, but people don't always do so. He didn't believe that it was the system that held people down and stopped them from succeeding.

I was glad to hear that he believed that the Ann Arbor area treats homeless people well. He said he hasn't had many bad experiences at all but has had a lot of good interactions. The conversations he has with different people keep him occupied and make him enjoy selling papers very

much. He always makes sure to say little greetings and farewells such as "have a good day" and "good afternoon" because you never know if those words are what someone needs to brighten their day, and he finds joy by making other people happy.

One thing that interested me is how he hasn't tried to get a conventional job around the city. This is because he is a salesman, and a very good one at that. He does not like working for other people or having bosses. He wants to be responsible for how much money he makes and how successful he is. He doesn't want anyone to have control over him, which I greatly respect. Going through school, you are listening and following the instruction of teachers, so if you get out of school and you



Groundcover vendor Joe Woods

can find your own way to do something and not go to a job where you are working under or for someone, I think that that's the ideal career path. Trying to make it all by himself has made him work a lot harder than other people.

This session with Joe went very well and I'm glad we were able to meet, but I have to address an issue. Everything went well with the recording except for the recording itself. After our recording was done, my computer lost internet connection and the file for the audio never could upload for me to put onto Spotify or other streaming services. I am very disappointed and frustrated about this because I felt like this was a conversation that other people would have enjoyed hearing. I wish you could hear everything Joe had to say on the episode, but maybe there's still a chance you could hear some things from him. As I said before, Joe loves interacting with people on the street, so if you pass him somewhere, you could strike up a conversation and maybe learn some about him. Even if you don't have time for a conversation, let me ask one favor from you. If you ever see Joe around, say hello. It would make his day.

Affordable Housing — what's your experience and who is working on it?



JERRY CHARBONNEAU
Groundcover contributor

This article wraps up my current exploration of affordable housing and I'd like feedback from readers regarding their housing affordability experiences. Please send your comments to jerry@groundcovernews.com. The email can be a sentence or two or a paragraph. The feedback will help me plan my future articles.

For those of you who want to remain involved, the following lists some key resources I learned about while researching my articles:

- The Ann Arbor City Council is moving ahead with building affordable housing and can best be contacted via your Ward's elected representative, if you live in the city.
- The Ann Arbor Housing Commission, led by director, Jennifer Hall, and private non-profit organizations Avalon, MAP (Michigan Ability Partners) and CAN (Community Action Network) are very active in making affordable housing happen.
- Regionally, the Washtenaw County Office of Community and Economic Development is an excellent resource for data. Amanda Carlisle is the director of the Washtenaw Housing Alliance and is a committed advocate for affordable housing.

My focus has been on the local level and I have not interacted much with state and federal resources. However:

- One local state representative that is an advocate for Affordable Housing is Yousef Rabhi. (housedems.com/rabhi).

At the federal level, our Congressional representative, Debbie Dingell, is very much an advocate.

The Department of Housing and Urban Development (HUD.com) is the principal data resource at the federal level.

Lastly, a great resource via social media is YIMBY (Yes In My Back Yard), located at facebook.com/groups/a2yimby. It is a grassroots site that offers much information and strongly advocates for affordable housing.

Other useful websites include:

- nlihc.org
- usich.gov
- cbpp.org
- endhomelessness.org

I leave you with this statement I found on the Ypsilanti Housing Commission's website:

"The Ypsilanti Housing Commission is committed to providing affordable, safe and high quality housing opportunities where residents have access to services and resources that allow them to reach their full potential."



Sudoku

★★★★☆ 4puz.com

3		2	4					
9				7	6			
5			1	3	8			2
6	4							9
	9						2	
8							7	5
2			3	9	7			8
			6	8				3
					4	7		6

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

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While Groundcover News vendors are contracted self-employees, we still have expectations of how vendors should conduct themselves while selling and representing the paper. Every vendor reads and signs this code of conduct before receiving a badge and papers. If you discover a vendor violating any tenets of the code, please contact us at contact@groundcovernews.com or 734-263-2098 and provide as many details as possible. Our paper and our vendors should benefit our county. All vendors must agree to the following:

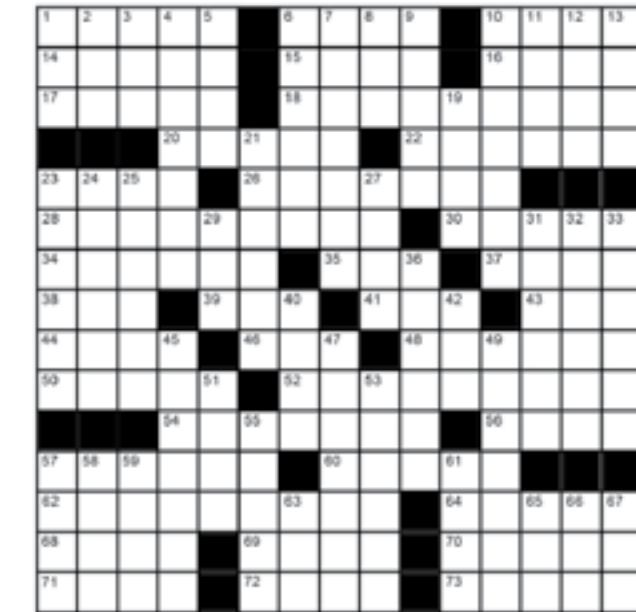
- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper.
- I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
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- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.
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- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
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- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

Crime Series

by Tracy Bennett and Victor Fleming

ACROSS

- Game for mates?
- "Elite Eight" grp.
- Forthright
- "All ___ Eve"
- Squeals at a fireworks display
- The U in UMich: Abbr.
- Pretty Scottish?
- Herb garden sprouter
- Distributes, as playing cards
- It's thrown at a track and field meet
- Villainous macaw in "Aladdin"
- "Dig in!"
- One reuning in Providence, R.I., say
- American Beauties, e.g.
- "Just watch me!"
- Fall back
- Big House kick
- Khan Academy founder, familiarly
- The ___ (campus nature area)
- Trounced decisively in the ring
- Deg. conferred by the Stamps School on North Campus, perhaps
- "The Sopranos" actress Falco
- A little mind reading?
- Tries to make an eBay purchase, say
- Terse summons
- Ray Fisher Stadium is one
- "Still I Rise" poet Maya
- Benchmarks, briefly
- Response from The Daily's "Dear Gillian," e.g.
- Gets ready (for)
- SOS alternative
- "28 Days" setting
- Affliction of downfall
- "Heigho! the derry oh" setting
- ___ Gay
- Seasoned
- Peasy leader?
- Gallant galloper



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DOWN

- Lyft alternative
- "ArliSS" network
- Near eternity
- Dusk
- Eye annoyance
- Displaying a higher quality
- Like some scenic stretches of highway
- Squeals at a fireworks display
- Stage device
- Blake Transit Center, for one
- Ten sawbucks, say
- "In ___ of flowers ..."
- Snail-mailed Netflix rentals, briefly
- One who commits perjury
- "Earth in the Balance" author
- Graceful wading birds
- Nickels ___ (State Street landmark)
- Any winner of the Vezina Trophy
- Home of Sioux Falls: Abbr.
- Cryptologic grp.
- Group within a group
- Embrace
- Rises, as in court
- Wolverine fan's cheer
- "Chicago" Tony winner Neuwirth
- "What's the ___?" ("Who cares?")
- Sent a message, in a way
- Certain slangy besties
- Non-majority court opinion
- Item inside an env.
- In a noble manner
- Crystal ball?
- "Dancing Queen" band
- Aerodynamic resistance
- Clinging climber
- Air Force One passenger: Abbr.
- Vegetable in many a samosa
- Furrow-making tool
- Grizzly Peak draught
- "Breaking ___" (hit crime series that literally describes this puzzle's four longest answers)

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➡ STILLNESS from page 5

integrate and skillfully respond to the mess we’re in. Humanity is being called to step up its game like never before. But how can anyone realistically be expected to rise to the monumental challenges of our time when they’re too busy simply keeping it together?

Enter *stillness*. The essence of stillness is not physical, but mental and emotional. It is a state of clear, expansive openness. Like a pristine pond whose depths remain undisturbed by the ripples at its surface, stillness is at the core of our being. In stark contrast to our hyperactive surface mind, the stillness that lies beneath prefers *quality* of experience over *quantity*, *slow* versus *fast*, *being* versus *doing*, *depths* versus *surfaces*, *appreciation* versus mere *anticipation*. Touching into this stillness in the depths of our being is the quintessential antidote to excessive busyness and the source of all genuine breakthrough.

Stillness is central to virtually all the world’s spiritual teachings. The Buddha said, “Look within, be still. Free from fear and attachment, know the sweet joy of the way.” Taoist master Lao Tzu: “When there is silence one finds the anchor of the universe within oneself.” Psalm 46:10 of the Bible: “Be still, and know that I am God.” Contemporary teacher Eckhart Tolle: “To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.” Throughout millennia of human history, teaching after teaching describes stillness as a precondition of all genuine insight, the one true doorway to the divine.

Fascinatingly, science is now saying the same thing: stillness is good for you. Thousands of studies in recent years have shown that even 10 minutes

of meditation a day can positively impact mental and physical health, whether by reducing stress, improving sleep, increasing focus or improving relationships. That is because getting still begins a process of deepening into being — the pond’s depths. Rich sensations, powerful emotions, soulful reminiscences, flights of imagination, bursts of creativity, flashes of insight, waves of healing and understanding, game-changing breakthroughs in perspective — all of these arise from the places of stillness in our lives. Stillness makes space for us to push pause on all our habituated ways; to interrupt “autopilot” mode long enough to experience the alternative. Without the constant barrage of things in life loudly demanding our attention, we can start paying attention to the finer subtleties of what’s happening beneath the surface — that deep reservoir of feeling and intelligence that is closer to one’s full identity than the personas and self-images to which we often cling. In stillness, you remember an old friend and resolve to reach out. You notice something about your environment, your partner or your inner life that you hadn’t before, and that expands your world just a little. You realize you miss playing ukulele and vow to pick it up again. A solution to that intractable problem presents itself effortlessly. Stillness speaks to those who listen.

We all have experienced this stilling and focusing that gives rise to moments of unusual clarity, rapturous wonder or profound understanding — whether in a flicker of overwhelming joy upon taking in a spectacular landscape, a flash of intuition ignited by a vivid dream, or the shattering grief of a loved one lost. The challenge each of us eventually faces, rather, is how to reproduce at-will this experience of clear, expansive openness, so that we increasingly live from that space. Life’s demands

continually threaten to pull us off-balance. How do we bounce back from its vicissitudes more readily and gracefully? In particular, how do we return to stillness — to being — when we’ve

hung out at the surface of the pond so long that the depths seem, well... unfathomable? Here are a few ideas to start with. (See **5 principles**, below.)

Cultivating stillness: 5 principles

1 Take time to make time. Feel too busy and overwhelmed to push pause? Join the club. The first obstacle to overcome in realigning with being through stillness is to recognize the flexibility of psychological time (versus clock time). Paradoxically, when we take time to simply *be*, we return to activity with greater calm, clarity and focus. Everything feels easier, simpler, more manageable. We discover that the problem isn’t necessarily how much clock time we need to accomplish our to-dos, but rather the quality of attention we bring to activity. With practice, we eventually learn that it is precisely in those moments of greatest busyness and overwhelm that taking time to *be* is most important and helpful. Regular infusions of stillness in our lives help sustain productivity, as well as boost wellbeing, over the long haul.

2 Disconnect from doing. A full experience of stillness is helpful in establishing a healthy baseline: *this* is what it feels like to inhabit a space of clear, expansive openness. Until that experience becomes once again second nature, it’s important to set aside time regularly (perhaps as little as 15 minutes a day) to practice simply being; in other words, *doing nothing*. Here we have no agenda, goals or expectations — just the intention of relaxing into the present moment and gently noticing what arises in the field of experience. Whatever you may prefer to call it — meditation, prayer, de-conditioning or simply chilling out — matters not. What does matter is cultivating an abiding relationship to being, so that we can return to it with ease and grace when we need to reset, recharge or reassess.

Of course, *being* and *doing* are not fundamentally opposed to one another. A fully integrated life, the mystics say, is one where the fullness and freedom of being permeates everything we do. Every action becomes a meditation, a prayer. However, before doing and being can be integrated, they first must be brought back into balance. Stillness lies at the heart of all that will help us to create that balance — so our first order of (non)business is to rediscover how to simply be. It is helpful in these early stages to bring special intention and spaciousness to that area of your life most likely to get lost in the shuffle: your inner life.

3 Honor the process and take heart. Most of us are so accustomed to constantly doing that simply being has become foreign. When we do occasionally dip beneath the surface, our experience is likely to be somewhat unpleasant at first. Restlessness, boredom and all sorts of uncomfortable sensations and emotions may arise as we begin to slow down the pace of life. When this happens, it’s crucial to recognize these as natural symptoms of decompression, passing phenomena that will fade as we calm our surface mind and realign with our depths. Connecting with being through stillness isn’t always a cakewalk — that’s why it’s called a “practice.” And with practice comes mastery and ease. If you stick with it, you’ll reap huge dividends.

4 Be gentle with yourself always. Cultivating stillness in the context of a culture that pathologically denies its value is no easy feat. But we are all in this together. Keeping in mind the fundamental interconnectedness of all life — the universal truth of both suffering and the yearning for an end to suffering — grants us a sense of solidarity in our struggle to reclaim our lives from the forces of chaos that affect us all. Today’s world is harsh and violent; extricating ourselves from its grasp requires the invocation of opposite attitudes and capacities: kindness and compassion, forgiveness and understanding, spaciousness and expansiveness, gentleness and tenderness. “Hurry up and relax!” just won’t cut it. We are called to a fundamental life reorientation; we will encounter inner and outer resistance every step of the way. But remembering that you are not alone will help stave off the discouragement and self-recrimination to which our conditioned minds are so habitually inclined.

5 Stillness is our birthright. It is fundamental to our very nature; the waters of the pond remain forever calm just below the surface. The freedom and fullness of our being is never truly lost, merely obscured. That’s why there is always hope — whatever storm may be raging on the surface, the doorway of stillness forever awaits you in the present moment, promising an enduring sense of wellness that no storm can touch.

➡ TOOL TRADE from page 2

Valley. A similar system can be made available to the transient community whereby space and tools can be provided for certain projects or jobs. These groups could serve as models for a tool library equipped for skilled laborers in transition.

In addition to using the tools for labor, the at-risk members could use the tools to maintain what they need to acquire and maintain housing. For the working poor, the advantage of having a vehicle lives in the shadow of an expensive repair. With tools and space, many minor repairs could be done at the cost of parts. (For example, I avoided a \$500 ball joint replacement by replacing them myself. Tools and

supplies, including the ball joints, were under \$200.) Many people ride bikes as a means to get to work and similarly need tools for bicycle maintenance.

The homelessness advocacy group MISSION has as its mission statement, “To work in partnership and solidarity between the homeless and the housed to build community and mitigate the alienation, disenfranchisement, loneliness, loss of agency and other forms of suffering caused by homelessness.” In this statement there may be a foundation for a tool library.

Brian Durrance, a MISSION Board member, has a network of 10 to 12 people who each own different tools and lend them to the others as needed. “We know each other, so trust is easy,”

Durrance told me. “I also know my tools will be taken care of as each of us perform good maintenance on our tools.”

Given the type of skilled laborers I met, the equipment list would be

expensive and expansive. However, resource sharing is at the heart of organizations like MISSION. A small group to step up, staff and take on stocking the library could be a game changer for many skilled laborers.

PUZZLE SOLUTIONS

3	1	2	4	5	9	8	6	7
9	8	4	2	7	6	5	3	1
5	6	7	1	3	8	9	4	2
6	4	5	7	1	2	3	8	9
7	9	3	8	6	5	1	2	4
8	2	1	9	4	3	6	7	5
2	5	6	3	9	7	4	1	8
4	7	9	6	8	1	2	5	3
1	3	8	5	2	4	7	9	6

1	C	H	E	S	S	N	C	A	A	B	O	L	D
2	A	B	O	U	T	O	O	H	S	U	N	I	V
3	B	O	N	N	Y	B	A	S	I	L	S	E	E
4	D	E	A	L	S	D	I	S	C	U	S		
5	I	A	G	O	L	E	T	S	E	A	T		
6	B	R	O	W	N	G	R	A	D	R	O	S	E
7	I	C	A	N	S	O	L	A	G	P	U	N	T
8	S	A	L	A	R	B	K	O	D	B	F	A	
9	E	D	I	E	E	G	B	I	D	S	O	N	
10	S	E	E	M	E	B	A	L	L	F	I	E	L
11	A	N	G	E	L	O	U	S	T	D	S		
12	A	D	V	I	C	E	P	R	E	P	S		
13	B	R	I	L	L	O	P	A	D	R	E	H	A
14	B	A	N	E	D	E	L	L	E	N	O	L	A
15	A	G	E	D	E	A	S	Y	S	T	E	E	D



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Chopped cashew salad

ELIZABETH BAUMAN
Groundcover contributor

1 pound seedless grapes, halved
½ pint cherry tomatoes, halved
1 red pepper, diced
1 orange bell pepper, diced
1 yellow bell pepper, diced
¾ cup edamame
½ cup crumbled feta cheese with herbs

1 tsp. dried basil
½ tsp. lemon-pepper seasoning
Salt to taste
1 cup cashews, slightly chopped (I

use mixture of salted and unsalted)
1 T. plus 1 tsp. olive oil
1 T. plus 1 tsp. red wine vinegar

Mix grapes, tomatoes, peppers, edamame and feta cheese in a bowl. Add basil, lemon pepper, cashews and salt to vegetables/grape mixture, toss to coat. Drizzle olive oil and vinegar over salad, lightly toss. Refrigerate for several hours.

Colorful, tasty, and delicious. Stays fresh for several days in the refrigerator.

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Tuesday, April 7 @ 7 pm

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Mar 5 & 19	Prayer Circle, 11:30 a.m. in the lounge
Mar 6	Bethlehem Veteran's Breakfast, 8:30 a.m., Classic Cup
Mar 6, 13, 20 & 27	PNC Food Distribution, 9:00 a.m. – 12:00 p.m.
Mar 12	All Church Game Night, 6:30-8:00 p.m., Youth RM
Mar 15	Quilt Raffle (during service), Cookie Sale (after service)
Mar 21	German Pretzel Sales, 11 – 1, \$1 or \$10 dozen Call to pre-order at 734-665-6149
Mar 24	After School Snack Program, 2:45-4:45 p.m., PNC



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